

Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org



**YPSILANTI
FOOD CO-OP**



YFC is having a birthday party April 11, 2017 and you're invited for cake from the YFC Bakery!

Happy Birthday Ypsi Food Co-op!

The present Ypsilanti Food Co-op grew out of a bag co-op which operated in the early 1970's, supplying fresh produce and cheese which was purchased at the Eastern Market in Detroit. Fresh fruits and veggies were not as easy to obtain back then so working together to get farm fresh and lower cost were some of the goals of the buying club. Another intention was to obtain foods that were not as processed, bromated or packaged. Obtaining brown rice or whole wheat flour were impossible except through a 'Nutrition Store', which was more about selling supplements and vitamins. The price for brown rice back then was more than double of what it is now, forty years later, because of supply and

demand. In 1975, organic foods were not readily available unless you grew them yourself. Organic was a thing, as Jerome Irving Rodale did teach folks about the values of this old time method and sustainability, but it was not a part of the agricultural scene. The values at the time were how to get the most profit and chemicals, pesticides and herbicides seemed the way to go.

This co-op movement was happening around the country, without internet, but a grass-roots movements. On April 11, 1975, members of the bag co-op formed a non-profit corporation under the laws of the state of Michigan, called the "Ypsilanti Cooperative Initiative". Over 300 food cooperatives formed around the country during the same time.

Over the next 40 years that

movement gained interest from the capitalist's side of economics, and Whole Foods went for the same options, doing a great job at advertising to middle America. Today, every grocer wants a piece of the natural foods sales, including Wal-Mart, now the largest seller of organics.

Our food co-ops still have relevance, as we continue to be the conscience of what organic foods are and can be, as well as keeping vigilant to who is controlling what in our food systems..

Join us in celebrating the changes our food co-op has made in the food system of today, and while not perfect, would not be what it is without people who cared more about *food for people, than profits!* By Corinne Sikorski

Spring Happenings at YFC!

Happy Spring! To help celebrate the beginning of spring our YFC Bakery will be creating a variety of fun goodies and treats!

What is unique about YFC Bakery is that we use all natural

ingredients to make fun spring colors and spring sprinkles! We utilize: matcha, turmeric, beet powder, spinach, spirulina, purple cabbage, cooca, and even onion skin! We prioritize creating high quality, delicious, beautiful

and natural baked goods! If you are planning on doing baking at home check out our baking aisle for natural ingredients! We have natural food coloring kits and natural sprinkle kits for all your creative baking needs!

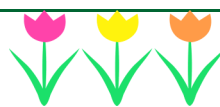
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SAVE THE DATE: CANDIDATE FORUM



Tuesday 4/11 at 7:00pm



Ypsilanti Freighthouse in Depot Town

Come meet the 2017 Board Candidates!

Sustainability Series: Time to Ditch Plastic!

-by Leaha Dotson

It's time to ditch the plastic! Plastic is not a sustainable source of packaging and has been negatively impacting our environment! **Why should we ditch plastic and how should we do it?**

Americans are generating more plastic trash than ever. This plastic is not biodegradable, in fact once it is thrown out it will continue to exist for many years; clogging up our cities, oceans, and waterways!

There is enough plastic thrown away each year to circle the earth four times! The average American throws away roughly **185 pounds of plastic each year**, and the most common plastic products are often only used once! Studies have shown that an estimated **8 million metric tons of plastic end up in our oceans each year!** This has created plastic/garbage filled floating patches in our oceans! The most notable is the **"Great Pacific Garbage Patch"**.

The Victims and the health risks: Animals from a tiny zooplankton to Blue Whales are affected by the plastic in our

ocean! The plastic debris kills an estimate 100,000 marine mammals annually and millions of birds and fishes. Coral reefs are being suffocated by plastic and they are dying out fast! **BPA** is present in these plastics ingested by animals and signs are showing it is interfering with their health and bodily functions! Persistent, bio accumulative and toxic (PBTs) are also present in the ocean and toxic to humans! The marine life is eating chemical filled plastic and then they are caught for humans to eat. Therefore, our food system has been infected with these chemicals and animals and humans alike are eating them! (EPA)

Where does this plastic come from? There are many sources but a few are: litter from shoreline/recreational activities, sewage waste, and fishing debris. (pollution.org)

What is being done? Plastic bags from grocery stores are one of the most common plastic waste concerns. To address this issue six countries have created plastic bag taxes. Seventeen countries have gone further by banning plastic bags entirely. Kenya most recently joined the ban

movement. France has banned not only plastic bags but has also banned plastic cutlery, plastic cups, and plastic dishware. In the U.S. there is not a national ban but states and cities have begun passing plastic bag taxes and/or some have banned plastic bags entirely.

What can we do? The easiest answer is clean up after yourself and clean up when you see litter, especially near waterways! Cleaning the ocean debris is tricky but new innovations are being created to help solve the issue! The natural resources defense council has offered a few suggestions for individuals to follow to help reduce plastic waste. These are: replace one use plastic products with reusable versions, use reusable water bottles and/or recycle used water bottles, boycott microbeads, avoid excessive take out containers from restaurants, support a bag tax or bag ban, buy in bulk, and make your voice heard to companies generating extreme amounts of plastic waste!

Live more sustainably reduce the plastic waste in your life and save our Earth!

Earth Day 2017: Environmental & Climate Literacy

-by Leaha Dotson

Earth Day marks the anniversary of beginnings of the environmental movement in 1970.

On April 22, 1970, 20 million Americans joined together in demonstrations for a sustainable and healthy environment! This movement was unique because it received support from multiple demographics! By the end of 1970 this movement of 'Earth Day' led to the creation of the Environmental Protection Agency (EPA) and the passing of the Clean Air, Clean Water and Endangered Species Acts.

In 1990 the Earth Day movement broke borders and became a global

Movement— mobilizing 200 million people in 141 countries! This global movement brought environmental concerns to the world stage and prompted the UN to create the Earth Summit in 1992 in Rio de Janeiro.

Today Earth Day is considered the largest secular observance day in the world. The fight for our environment is far from over! Earth Day has led to changes in our everyday behavior and even much needed policy changes!

This year it's your turn to take a stand for the environment and get involved!

This year the focus is on Environmental and Climate Literacy! Without

educating the people we can not make lasting changes, therefore, this year is all about teaching and sharing!

To find out about marches and events near you, or what 'green actions' you can take this Earth Day to make a difference visit www.earthday.org

We only get one Earth and the time to act is now! Take part in a movement to create a sustainable world for us now and for the future after us!



YFC Fundraising Committee

The next YFC Fundraising Committee meeting will be on **Wednesday April 12th at 7:30pm** at the co-op!

On the agenda for the April meeting will be discussing and

Planning:

- ☐ Farm to Table Dinner
- ☐ Dance Party and
- ☐ Yard Sale

We need volunteers! This is a great way to get involved at the co-op and earn a volunteer 10% discount!

Contact Board Member Don Broersma at don@ypsifoodcoop.org

We've got all your seed needs!

Gardening season is here and YFC has all your seed needs with *Seeds of Change* to get your garden going!

What makes Seeds of Change different from other seed packets? These seeds are grown organically, sustainably, and are certified non-GMO. The entire life of the seed from production to delivery to our store is guaranteed to meet all organic and non-GMO certifications!

The goal at Seeds of Change is: "to produce the highest quality, 100% certified organic, flower, herb and vegetable seeds and to make them available to

everyone who wishes to start with the best for their organic garden or farm."

Seeds of Change has chosen to be fully organic because organic agriculture produces farming systems that sustain the health of soils, ecosystems, and people! **How does organic agriculture create a sustainable system?** This is achieved by: rotating crops, using biological pest control instead of harmful synthetic pesticides, and applying compost or aged manure instead of harmful chemical fertilizers. Growing organically

leads to improved health of those consuming the produce and is better for the planet because it is not be impacted by harmful chemicals!



Get your seeds today, located near the register to begin planning your garden! With organic seeds and organic practices you can have fresh organic food right in your backyard! For more information about Seeds of change or to get involved visit: <https://www.seedsofchange.com/home.aspx>

Local Vendor Highlight: Ann Arbor Tortilla Factory

Ann Arbor Tortilla Factory is coming to YFC Saturday April 8, 2017 from 12-3 to host this month's local tasting!

Ann Arbor Tortilla has been creating high quality, delicious products since 2008! According to their website Ann Arbor Tortilla believes that: 'good food takes preparation, thought and the best ingredient available! It is our firm belief that the time and labor involved in all of our products is worth the end result'.

Ann Arbor Tortilla is owned by sisters Lupe and Andrea! They real-

fresh, high quality tortilla products closer to home instead of travelling outside of their area! They began



their journey together to meet this need! A journey that took them to Temascalcingo, Mexico in 2007 to learn how to make authentic tortillas! They then returned and opened

the Ann Arbor Tortilla Factory!

Their products have become a favorite for many people...including the YFC staff, one of our favorites is the Garlic Tortilla chips!

We regularly carry their four flavors: Original, Garlic, Lime, and Chili-Lime Tortilla chips in large and small bags! We also carry their Tortillas—both frozen and fresh options!

Save the date! You don't want to miss out on this opportunity to taste a true local treasure!



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volunteers and members

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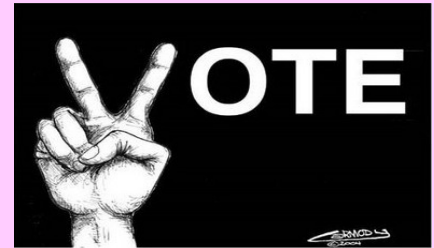
Customer/ Member-Owner

Info Corner:

Board of Director Candidate Bios will be posted in the store and on ypsifoodcoop.org this month! In addition to attending the Candidate Forum this is another way to get to know your candidates!

In store voting at the provided ballot box will begin April 20th and remain until May 4th at 4pm!

Remember, in order to vote you must be an up to date member-owner by April 30th! Meaning that you are either a gold card member or have renewed for the 2017 year!



Saturday April 8, 12:00-3:00pm

Tasting: Ann Arbor Tortilla Factory
Come taste the different varieties of Ann Arbor Tortilla chips—a staff and customer favorite! You won't want to miss out!

Monday April 10, 6:00pm

New Member Orientation at YFC
"YFC Grocery Store—Talk & Tour" including samples and a 10% grocery discount for attending! Everyone is welcome and new members or perspective new members are especially invited to join!

Tuesday April 11, 7:00pm

Candidate Forum at Ypsi Freighthouse
Our board candidates will be present and everyone is encouraged to attend! This is your chance as a member of YFC to ask the board candidates questions and get to know them!

Tuesday April 18, 6:30pm

April Board Meeting
Board meetings are open to the membership to observe and participate in except when an executive session is called.

Sunday April 16 - Easter Sunday

YFC **will be closed** on Eastern Sunday and resume regular business hours of 9-9 on Monday April 17

Thursday May 4, 2017 6:00-8:00pm

Co-op Annual General Membership Meeting At Ypsi Freight House

All member-owners & shoppers welcome. Reports about 2016, voting in new Board members, and sharing a potluck!
Please bring a dish to pass!

